

# HOUSING AND SERVICES

## PROJECT DESCRIPTION

### OLE2

SUBPROJECT: Housing and Services

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Participating observers:

The City of Bodö – Norway

The City of Akureyri - Iceland

**Enclosures**

Here you will state what parts of the project plan that is present through enclosures in separate documents.

encl	Document name
A	Housing and Services, Activity plan
B	Housing and Services , Time plan
C	Housing and Services, Information plan



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## Summary of subproject

“Our Life as Elderly” (OLE) had focus on how people wish to live when they are getting older. Most of the citizens want to live in their own house as long as possible, it is a question of quality of life and a very important factor that affects our health.

In this subproject “Housing and Services”, OLE2, we will implement three findings from OLE. Our aim is to create an idea bank to help promoting “self generated” activities for elderly, also to produce a portfolio with solutions for “vintage housing” and create an IT based property bank for administrating adapted housing for senior citizens.

## Background

An aging population and fewer in production is a problem concerning all countries in Europe, but more so in the Northern Periphery. The sparsely populated area in the Northern Periphery represents a problematic environment; to provide elderly service in this area is both difficult and expensive.

The municipality of Luleå has a population of 73 397 of which 25% or 18 529 are pensioners, 65 or older. In Bodö with 46 049 inhabitants 10 % of them are 67 or older. Åkreiri has a population 17 522, of them 1 890 or 11% are 67 or older.

“Our Life as Elderly” (OLE) was a transnational collaborative project between the City of Luleå in Sweden, the Municipality of Bodø in Norway, the Faroese Association of Municipalities, the Centre for Rural Health in Scotland and the Municipality of Lieksa in Finland as well as other organisations.

OLE was actively focusing on developing elderly care based on the citizen’s needs, demands and wishes. This was done through active citizen’s dialogue targeting people that will retire in 10 to 15 years. The dialogue with citizens



through interviews, questionnaires and focus groups showed both similarities and difference between the participants. An overall conclusion and confirmed wish was clearly to stay in ones home as long as possible. To facilitate this demand a number of development areas needed strong attention. For instance more flexible housing to allow disable tenants, establish various providers for home service and minor health treatment.

OLE also confirmed the interest of so-called mixed generation houses. Another fact that was established was the wish of general social activities, especially those generated among the elderly themselves. These activities need not have a specific focus, but rather be of the kind that the elderly can engage in depending on their capacity and interest.

### **Current situation in Sweden**

#### **Housing for elderly today in Luleå**

There are three various living models in Luleå. The elderly can stay in their own house, apartment, senior dwelling house or pensioner residence with home help. If a relative provides your help and the relative needs some time off, the municipality can provide at stay at a relive unit for a two weeks period. Thirdly the elderly can be offered a place in a nursing home when you need more care than the home help can offer.

#### **Senior citizens residences**

Senior citizens' residences (55+) exist in the form of tenant-owner apartments in central Luleå, Mjölkudden and Gammelstad, four buildings containing about 200 apartments, managed by co-operative organisations such as Riksbyggen and HSB.

#### **Pensioners' housing**

Pensioners' housing for private persons can be found throughout the municipality, particularly in the rural areas. The Technical Office of the Municipality of Luleå owns, manages and lets these to private persons. No direct demand from any organisation has been expressed. The concept of pensioners' housing has changed and is currently applied to housing for mixed target groups.



### Nursing homes

Luleå has 26 nursing homes accommodating a total of 842 people plus 44 places in short-term relief accommodation. Admission requirements are reviewed in accordance with the Social Services Act. There are at present no private sector alternatives to nursing homes.

### Vintage Housing / Årgångshus

As a result of the Housing subproject in OLE and the Lulebo housing agency's joint survey, the idea of "Årgångshus" was born. Responses showed a clear desire for rented housing for senior citizens. The name "Årgångshus" was the winning entry in a name competition (English approximation 'Vintage' Housing). Right now Lulebo is building the first "Årgångshus" for the Örnäset residential area.

The project's proposals for future "Årgångshus"; Centrally located in a number of residential areas and the building should have a common area for different activities. A Housing Hostess for the building should be available at agreed times, but service and minor health treatment for elderly as well as nursing homes should be provided by the municipality.

### Activities for elderly

According to the Social Services law (Socialtjänstlagen), social care has to provide for elderly people so they can live an act independently under safe circumstances and to live in an active fellowship with other people.

It has been normal to register to different pensioner associations when older are granted a pension and becoming a pensioner. Today older don't view themselves that old when becoming pensioner, they are more focused on their different interests. There is therefore important with clubs/associations that take into consideration the individual's interests. Today the pensioner has many activities in their own group. You can say that they have activities but the activities are for them in your association and not available for everybody.

There are special interest organisations for pensioners who have many members and offer a great range of courses and different social activities for their members. The interest organisations can apply for contributions from the municipality. The number of members affects the amount of the contribution.

Nursing homes offer different activities for their tenants and organisations



such as The Church, The Red Cross arranges activities for elderly as well as other citizens.

### **Current situation in Norway**

In The Municipality of Bodö the service is organised both by the community and private providers. Today the elderly get most of their basic service from the Municipality. Voluntary organisations as the Voluntary Central in Bodö also organize help in the homes, social meetings, visiting service and housing for Demented and physical dysfunctional.<sup>1</sup>

Dedicated housing for the elderly in Bodö is presently in the form of adapted communal dwellings, collective living and nursing homes.

#### **Adapted communal dwelling<sup>2</sup>**

The municipality has 200 places in adapted communal dwellings. Most of the residents are elderly people, but others can also make use of them based on needs, for example persons with different physical disabilities and other diagnoses in all ages. This dwelling is located so that personnel can be reached within five minutes.

#### **Collective housing<sup>3</sup>**

The municipality has 47 places in collective housing. Most of the residents are elderly people, but even here others can also make use of them based on needs, persons with different physical disabilities and other diagnoses in all ages. Residents in community housing each have their own room and bathroom, while the living room, kitchen, and laundry room are shared with the other residents. When care is needed, personnel will come from the home care system. In some cases there is personnel available on site at all times.

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<sup>1</sup> Final report Service for the Elderly, <http://ourfuture.eu/step-1/project-service-for-the-elderly.htm>

<sup>2</sup> Final report Housing, <http://ourfuture.eu/step-1/project-housing.htm>

<sup>3</sup> Final report Housing, <http://ourfuture.eu/step-1/project-housing.htm>



#### Nursing homes <sup>4</sup>

There are 279 places in nursing homes for the elderly with personnel day and night.

#### Tenant owned and rented apartments <sup>5</sup>

The municipality has the right to refer elderly to rented and tenant owned apartments, 160 in total. The municipality owns most of them, but there also private alternatives.

#### Other housing models<sup>6</sup>

Elderly persons who do not suffer from health problems live in their own homes, either a house or flat, owned or rented. The tendency is that a number of those in the age group sell their homes and move into easily cared for flats, with a preference for the town centre.

#### Common rooms <sup>7</sup>

Common rooms have been included in all recently constructed municipal buildings as activity rooms (for example social gatherings, theme meetings, hobby evenings and so forth), and in some buildings there are also areas for service providers (care services). The organization of activities in common areas is resolved in different ways, at some locations the residents themselves organize activities, while at other locations activities are co-coordinated by the municipal health and social care department. Levels of activity in the common areas vary greatly.

### **Current situation in Iceland**

In Akureyri the municipality itself has in cooperation with the state of Iceland been running all public service for the elderly for the past few years. This service includes: Health care service and home nursing care, home service (assistance with work in the house with activities of daily life, shopping, meals on wheels etc.), nursing homes and day care for the elderly.

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<sup>4</sup> Final report Housing, <http://ourfuture.eu/step-1/project-housing.htm>

<sup>5</sup> Final report Housing, <http://ourfuture.eu/step-1/project-housing.htm>

<sup>6</sup> Final report Housing, <http://ourfuture.eu/step-1/project-housing.htm>

<sup>7</sup> Final report Housing, <http://ourfuture.eu/step-1/project-housing.htm>





Also preventative visits to the elderly that still live at home (75 years and older), service of an occupational therapist and driving service.

Akureyri runs two social- and service-centres for the elderly that are open on weekdays in the wintertime. A wide range of courses, activities and social gatherings are on offer in these centres, e.g. dance, gymnastics, handcrafts etc. The churches of Akureyri and other religious societies have also provided social activities as well as the elderly themselves (The association of the elderly in Akureyri). The municipality provides the association of elderly with meeting places for their organisation.

#### Adapted housing

In Akureyri adapted housings consist of condominiums that are privately owned and those apartments are available for all elderly people to buy. Some are owned by the municipality, and are rented out to the elderly. Building associations for the elderly have also built some adapted apartments and those are available for the members of those building associations.

#### Nursing homes

The nursing homes in Akureyri have recently begun working according to an ideology called Eden Alternative. This ideology works with the emphasis that the nursing homes are the *homes* of the elderly living there. The ideology has a mission to improve the well being of the elderly and those who work for them. The vision is to eliminate loneliness, helplessness, boredom that causes the bulk of suffering among those living in nursing homes. The Eden Alternative shows how companionship, the opportunity to give meaningful care to other living things, and the variety and spontaneity that mark an enlivened environment can succeed where pills and therapies often fail. Places that have adopted the Eden Alternative typically are filled with plants, animals and are regularly visited by children. Studies show that implementation of The Eden Alternative is a powerful tool for improving quality of life and quality of care for the residents.

### Objective

In principal the projects objectives are to fulfil the requirements, needs and wishes described in OLE. The sub-project, *Housing and service*, will in close



cooperation with concerned staff, citizens, management and political levels establish a full implementation of trans national findings from OLE.

An overall conclusion and confirmed wish from OLE was clearly to stay in ones home as long as possible. To facilitate this demand a number of development areas needed strong attention.

OLE also confirmed the interest of so-called mixed generation houses. Another fact that was established was the wish of general social activities, especially those generated among the elderly themselves. These activities need not have a specific focus, but rather be of the kind that the elderly can engage in depending on their capacity and interest.

The objectives can be divided in to three groups

- To establish into day-to-day operations a number of changes, trough new services and products, fully integrated in our regions organizations.
- To package these in a manner so that they can be distributed, multiplied, taught and used in other municipalities.
- To stimulate other regions to follow our joint initiative.

From OLE we have selected the following three areas for implementation, the main objectives for this subproject are:

1. Establish property solution type "vintage housing".
2. Establish a system for "self generated" activities focused on elderly by elderly
3. Establish a system for a property data bank concerning adapted housing for senior citizen.

## **Expected results**

The products and services developed under OLE II are tested in day-to-day operations; they are developed in an active dialogue with all stakeholders and evaluated in our respective organizations. Hence, the viability must be regarded as very high.

Our products and results:

- Can in general be reviewed by others in actual production
- Can be reviewed and confirmed as functional changes
- Are developed from a citizen dialogue in a trans national setting



- Are tested in real production in several regions
- Can give other municipalities in rural areas good, ready to use, examples how they can secure a sustainable elderly service on a higher level.
- Can give ideas how they can work with difficult questions about future elderly care.
- Are more financially beneficial for others because the products are already there.
- Pilot projects could be visited by other interested, both national and trans national.

The subproject Housing and Services will

- Produce a comprehensive portfolio containing all specifications of a solution for “vintage housing”.
- Create an idea bank with reference material and reference groups to promote “self generated” activities in line with the task at hand.
- Create an IT based solution that can administrate a municipality based property bank, concerning adapted housing for senior citizens.

## **Limitations**

The subproject Housing and Services will work transnational with the findings from OLE. It is necessary to cooperate with other organizations to develop elderly care in all levels in the future.

## **Trans National Project organization**

- Project owner: Management Group
- Steering group: Transnational Steering Group
- Trans National Project Managers: Eva Hortell and Ann-Christin Lahti
- Project group in Luleå: Anette Granskär, Ulla-Britt Lehtonen, May Leppäniemi and Ann-Christin Modig.
- Observers: The City of Bodö – Norway and The City of Akureyri - Iceland



1.0-1

2009-02-12

## **Time frames**

The total time frame is from 20080601 to around 20110531. In addition, see under Time plan.

## **Resources**

In January we will send an invitation to all pensioner organizations to select a representative for a conference. We also need to purchase literature, visit conferences and make study tours. Eventually we will start a pilot project group in order to carry out activities for elderly. Costs for meetings, lectures and journeys by car will also occur.

## **Project plan**

### **Methods**

A methodology inspired by action research will be used. It involves a process approach where the understanding of services for elderly will be developed through the four phases that take place in a cycle. These four phases are planning, acting, observing and reflecting.

**Planning** – all the members of the research team question “what are” the realities of their particular practices, and begin to search for “what ought to be?”

**Acting** – the researchers implement the plan they have developed, addressing all or a particular set of problems.

**Observing** – Simultaneous with action is the collection of data. Observation is important for subsequent reflection and action.

**Reflecting** – the project staff reflect upon what is happening with their project, developing revised action plans based upon what they are learning from the process of planning, acting, and observing.

Through the continual process of planning, acting, observing, reflecting, and then developing a new action plan as a result of knowledge gained from the first cycle, action and research can work together to bring about democratic, systematic and reflective improvement in old peoples life.

The work will proceed in work packages.



## Activities

Our activities will continuously be described in a activity plan. See document A; Housing and Services Activity Plan

## Time plan

*Work package 1, 20080601 -20110531, Management, coordination and communication. Responsible partner is City of Luleå*

- General Kick off for all participants, 08 10 13-14,

*Work package 2, 081001-0902, Description of implementation. Responsible partner is Association of Faroese Municipalities.*

- Create a project plan for subproject Housing and Services
- Create a project group
- Analyse the current situation

Material produced under this work package will also consider the coming need for co-ordination with current solutions and concerned staff. Material produced allows an active dialogue with concerned groups.

*Work package 3a, 0903-1002, Define change. Responsible partner is City of Bodö.*

Under WP 3a we will in practice produce a detailed description on all aspects for intended implementation in subproject Housing and Services and follow through to implementation in our day to day work.

The description per area shall at a minimum contain the following:

- Organization required operating new approach
- Staff and management consequences specified
- Methods needed to fulfil requirements
- Required support in terms of technical. IT and general know-how to sustain change.
- Proposed time and action plan for implementation
- Financial requirements and or effects/consequences



***Work package 3b, 1003- 1105, Working with implementation. Responsible partner is City of Bodö.***

During work package 3b the focus will be set on proactive and well-spread external communication. The project Housing and Services will be communicated within participant regions, the NP, EU more widely and internationally - according to agreed internal and external communication plans that take into account press, website and written communications. The final report will be presented during this time period.

***Work package 4, from project start – 110531. Responsible partner is City of Luleå.***

**Information plan**

The listed activities and key dates provide only an indicative plan, which can be updated when the project is being implemented. Activities planned for the periods below will/ period will / include the following main areas:

- Public meetings and hearings
- Web activities
- Media exposure
- National Conference on project, completion, results and process. In each participating country
- One Trans national Conferences on our completion
- Participation in minimum at one national conference per country participating to present OLE II, content, objectives all products and results

**Information activities**

- Trans National activities and national successes in the project will be focus for press releases.
- To reach seniors and others that can contribute to the project we will hold meetings and other forms of dialog.
- Politicians, staff and management will be informed at different types of meetings.
- Our primary information activity will be at homepages, national and project page.
- The projects homepage [www.ourfuture.eu](http://www.ourfuture.eu) will be a gateway for project papers and activities as well as a platform for project workers.



## Risk analyse

- Low interest for the project from the concerned organizations and the municipality
- Members in the project organization, project group quits
- Cooperation problems in the project group
- The time frame is to short
- The results can not be transferred
- The budget for the project is not sufficient
- Changes in the society effecting external conditions

## References

Final report Housing, <http://ourfuture.eu/step-1/project-housing.htm>

Final report Service for the Elderly, <http://ourfuture.eu/step-1/project-service-for-the-elderly.htm>

Application OLE2